II. AMENDMENTS TO THE CLAIMS:

1. (Currently Amended) A method of increasing fibrinolysis levels in a subject, the method comprising:

identifying a subject with at least one 4G allele and/or genotype at the plasminogen activator inhibitor-1 (PAI-1) gene promoter site, and at least one I allele and/or genotype at the (t-PA) gene locus; and

engaging the subject in exercise training for a period of time sufficient to increase fibrinolysis in the subject.

2. (Original) The method of claim 1, wherein the subject has a 4G/5G genotype.

3. (Original) The method of claim 1, wherein the subject has a 4G/4G genotype.

4. (Original) The method of claim 1, wherein the exercise training comprises extensive exercise.

5. (Original) The method of claim 1, wherein the exercise training comprises moderate exercise.

6. (Original) The method of claim 1, wherein the exercise training comprises limited exercise.

[[4.]] 7. (Currently Amended) A method of preventing cardiovascular disease in a subject, the method comprising:

identifying a subject with at least one 4G allele and/or genotype at the plasminogen activator inhibitor-1 (PAI-1) gene promoter site, and at least one I allele and/or genotype at the (t-PA) gene locus; and

engaging the subject in exercise training for a period of time sufficient to prevent cardiovascular disease in the subject.

[[5]] 8. (Currently Amended) The method of claim [[4]] 7, wherein the subject has a 4G/5G genotype.

[[6]] 9. (Currently Amended) The method of claim [[4]] 7, wherein the subject has a 4G/4G genotype.

[[7]] 10. (Currently Amended) The method of claim [[4]] 7, wherein the exercise training comprises extensive exercise.

[[8]] 11. (Currently Amended) The method of claim [[4]] 7, wherein the exercise training comprises moderate exercise.

[[9]] 12. (Currently Amended) The method of claim [[4]] 7, wherein the exercise training comprises limited exercise.

[[10]] 13. (Currently Amended) A method of ameliorating cardiovascular disease in a subject suffering from cardiovascular disease, the method comprising:

identifying a subject with at least one 4G allele and/or genotype at the plasminogen activator inhibitor-1 (PAI-1) gene promoter site, and at least one I allele and/or genotype at the (t-PA) gene locus; and

engaging the subject in exercise training for a period of time sufficient to ameliorate cardiovascular disease in the subject.

[[11]] 14. (Currently Amended) The method of claim [[10]] 13, wherein the subject has a 4G/5G genotype.

[[12]] 15. (Currently Amended) The method of claim [[10]] 13, wherein the subject has a 4G/4G genotype.

[[13]] 16. (Currently Amended) The method of claim [[10]] 13, wherein the exercise training comprises extensive exercise.

[[14]] 17. (Currently Amended) The method of claim [[10]] 13, wherein the exercise training comprises moderate exercise.

[[15]] 18. (Currently Amended) The method of claim [[10]] 13, wherein the exercise training comprises limited exercise.

19. (New) The method of claim 1, wherein the subject has a I/I genotype.

20. (New) The method of claim 1, wherein the subject has a I/D genotype.

21. (New) A method of increasing fibrinolysis levels in a subject, the method comprising:

identifying a subject with at least one I allele and/or genotype at the (t-PA) gene locus; and

engaging the subject in exercise training for a period of time sufficient to increase fibrinolysis in the subject.

22. (New) The method of claim 21, wherein the subject has a I/I genotype.

23. (New) The method of claim 21, wherein the subject has a I/D genotype.

24. (New) The method of claim 21, wherein the exercise training comprises extensive exercise.

25. (New) The method of claim 21, wherein the exercise training comprises moderate exercise.

26. (New) The method of claim 19, wherein the exercise training comprises limited exercise.

27. (New) A method of preventing or ameliorating cardiovascular disease in a subject, the method comprising:

identifying a subject with at least one I allele and/or genotype at the (t-PA) gene locus; and

engaging the subject in exercise training for a period of time sufficient to prevent cardiovascular disease in the subject.